



2015-2016 Harpswell Recreation Ski/Board and Learn to Ski and Snowboard Program at Lost Valley



- ◆ Lessons for children age **7** through **8th** grade that are a minimum of **48 inches** tall
- ◆ Two hour lift ticket for all other children, teens, adults and families in Harpswell
 - ◆ Children in grade 8 and under **must be** accompanied by an adult
- ◆ Children under age **7** or **48** inches are welcome with a parent but do not qualify for lessons.

DATES/TIMES

- ◆ Fridays: January 8 through February 12 (6 weeks) from 5:30-7:30 pm.
 - ◆ Lessons: 6:00-7:00 pm lesson.
 - ◆ Ski/Snowboard: 2 hour pass from 5:30-7:30 pm.

TRANSPORTATION

A bus will run from Harpswell Community School to Lost Valley and back. Any school-aged participant or adult may ride the bus. The bus leaves Harpswell Community School at 3:45 and will return around 9:00. High and Middle Schoolers—please find transportation (this can be your regular bus and get dropped off at HCS).

EQUIPMENT

A fitting for equipment rentals will be held on **December 17th, 6:00 pm at the Brunswick Recreation Center**. Those who are not fitted will miss part of their time at the first session. **This is also where you will sign the permission form for the rentals for your child, so it is important that you attend.

HELMETS

Helmets are now available at Lost Valley and are REQUIRED by Harpswell Recreation. No helmet, no skiing or boarding. If you need a helmet for your child they are available for rent outside of the rental package at Lost Valley for \$10. This will be enforced by our chaperones at Lost Valley.

LESSONS

1 hour lesson from 6:00-7:00 pm. If your child is signed up for lessons, an announcement will be made when it is time to report for lessons. Cones and numbers will be used to denote classes. Class lists will be posted. The half hour before and after lessons is free time (to eat dinner) or practicing in the corral area on the slope.

LIFT TICKETS

Tickets will be distributed each session in the lodge dining area. A Harpswell parent or representative will be stationed in the lodge to distribute tickets, answer questions and help kids.

BE ADVISED

Ski/Board levels 1 and 2 may not be capable of riding the chairlift during the first few weeks. These students can gather in the learning corral to work on skills. **First through fifth graders in level 1 must be accompanied by a parent/guardian until they are able to ride the chairlift.**

INCLEMENT WEATHER/CANCELLATIONS

A decision not to go will be made by 1:00 pm on the Friday of the event. HCS will be notified and asked to make an announcement. The receptionist at the Town Office will also be informed and parents may call the Town Office at 833-5771. Cancellations will also be posted on the Harpswell Recreation Facebook page.

ADDITIONAL INFORMATION

After registration additional information will follow as we get closer to the start date. If you have any questions in the meantime please contact Gina Perow at 833-5771 or recreation@town.harpswell.me.us.

SKI & SNOWBOARD LEVELS

****Be sure to put your child's level on the registration page if they are taking lessons****

Snowboarding Level Descriptions for Lessons

Level 1

Beginner

Level 2

Can ride the chairlift
Can read the fall line
Can do garland turns
Can vary my garland turn shape

Level 3

Can link skidded toeside to heelside turns
Can control my speed with turn shape
Can absorb uneven terrain.
Can make turns on Green terrain

Level 4

Can link skidded turns in varied terrain
Can comfortably ride all Green runs and easy Blue runs

Level 5

Can use turn shape for speed control, reduction, maintenance, and generation
Can ride switch on Green trails
Can ride comfortably on all Blue runs in varied conditions
Comfortable on most Black terrain

Level 6

Able to handle anything the mountain can throw at them

Skiing Level Descriptions for Lessons

Level 1 (Beginner)

Level 2 (Wedge Turns)

I can make control linked wedge turns to the bottom.

I can control linked wedge turns and make spontaneous wide and narrow turns.

I can make spontaneous turns and come to a complete stop by turning in either direction.

Level 3 (Wedge Christie)

I have begun working on reducing the size of my wedge turns.

I can start all my turns in a wedge and bring my skis to a match at the end of each turn.

Level 4 (Adv. Wedge Christie)

I have begun working on adv wedge christie (bringing my skis together early in the turn.)

I can wedge my skis slightly at the beginning of each turn but bring them together very early in my turn.

I can ski moderately and I am beginning to use my inside pole as a timing steady devise.

Level 5 (Open Parallel)

I have begun to work on keeping my skis parallel without a wedge.

I can change the edges of my skis at the same time without a wedge.

I can use a pole touch to time and steady my turns.

Level 6 (Dynamic Parallel)

I can use my whole body towards the new turn to change directions.

I can Swing and touch my pole to the snow to start each turn.

I am linking parallel turns continuously.

2015-2016 Lost Valley Ski and Snowboard Registration

****\$25 Late Fee Per Participant AFTER December 10, 2015****

PACKAGE OPTIONS

Package A: 1 hour lesson & 1 hour ticket with your OWN equipment =\$135

Package B: 2 hour ski/ride ticket with your OWN equipment =\$85

Package C: 1 hour lesson & 1 hour ticket with 2 hour RENTAL equipment =\$215

Package D: 2 hour ski/ride ticket with 2 hour RENTAL equipment =\$165

All Participants First and Last Name	DOB	Ski or Snowboard	Lesson Ability Level (see page 2)	Package Letter from above	\$ Total from Above
SUBTOTAL					
Late fee per person if after December 10 \$25					
GRAND TOTAL					

PARENTS

(A limited number of chaperones and ticket/lodge chaperone may receive a free ticket, please inquire with Harpswell Rec for details).

Check appropriate boxes.

- ☐ I can help children with rentals

☐ I can be a bus chaperone

☐ I can help students find classes

☐ I can give out tickets and sit in the lodge

R4150

Make checks payable to: Town of Harpswell Cash, Checks and Credit Cards accepted
Mail to: PO Box 39 Harpswell, Maine 04079 or drop off at Town Office



2015-2016 Lost Valley Ski and Snowboard Registration

REGISTRATION INFORMATION

Parent/Guardian Name _____

Address: _____ Town _____ Zip _____

Email: _____

Home Phone _____ Cell Phone _____ Other Phone _____

Physical, Medical, or Emotional Needs _____

EMERGENCY INFORMATION

Childs Physician: _____ Phone: _____

Childs Dentist: _____ Phone: _____

Emergency Contact between 3:00 and 9:00 pm _____

Relationship to Registrant _____ All Phone #'s _____

TRANSPORTATION INFORMATION

Child will travel TO Lost Valley by: _____ CAR _____ BUS Child will travel BACK by: _____ CAR _____ BUS

Driver Name: _____ I will be at Lost Valley: _____ Yes _____ No

LOST VALLEY SKI AREA

AUBURN, ME and TOWN OF HARPSWELL/HARPSWELL RECREATION

WARNING, ASSUMPTION OF THE RISK, LIABILITY RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT AND AGREEMENT NOT TO SUE

PLEASE READ CAREFULLY BEFORE SIGNING

WARNING

Each person who participates in the sport of skiing accepts, as a matter of law, the risks inherent in the sport. "Inherent risks of skiing" means those dangers or conditions that are an integral part of the sport of skiing, including, but not limited to: existing and changing weather conditions; existing and changing snow conditions; surface or subsurface conditions; trees and other natural objects and collisions with or falls resulting from such natural objects; lift towers, hydrants, snowmaking and snow-grooming equipment, trail maintenance vehicles, snowmobiles, and other man-made structures or objects; collisions with or falls resulting from such man-made objects; variations in steepness or terrain; snowmaking and snow-grooming operations; freestyle terrain, jumps, roads and catwalks and other terrain modifications; the presence of and collisions with other skiers; and the failure of skiers to ski safely, in control or within their own abilities.

I understand that skiing, snowboarding and related activities are hazardous and that injuries are common and ordinary occurrences during these activities. I AGREE freely and voluntarily ASSUME ALL RISKS, including the risk of death, injury or damage associated with being permitted to use the ski area and its premises.

I hereby agree for myself, and for anyone on my behalf, to the fullest extent allowed by law, to release, indemnify, and hold harmless Lost Valley Ski Area, Town of Harpswell, MSAD 75, its owners, directors, officers, employees and agents, from any and all responsibility and legal liability for any property damage, personal injury, damages or death based upon any cause or claim arising from my use of the ski area and its premises, including any claim of breach of contract, or other legal theory, including negligence, directly or indirectly.

I promise not to sue Lost Valley Ski Area, Town of Harpswell, MSAD 75, its owners, directors, officers, employees, and agents, and to indemnify, hold harmless and defend them if any claim or action is pursued, for any injuries, damages or death I may sustain associated with my being permitted to use the ski area and its premises. Should any claim or action be asserted in contravention of this agreement, I or my successors shall be liable for all expenses, including legal fees, incurred by the party or parties against whom the claim or action is asserted. I agree that should a claim or action be brought, it shall be submitted to the jurisdiction of the State or Federal Court in the State of Maine, and no other jurisdiction, and shall be governed by the laws of the State of Maine.

I understand this agreement is intended to provide a comprehensive release OF ALL LEGAL LIABILITY which is binding upon me, my heirs, agents and assignments, that it is not intended to assert any claims or defenses that are prohibited by law, and that if any part of this agreement is held to be invalid or unenforceable, the remainder shall be given full force and effect.

As the parent/guardian with legal responsibility of the minor pass holder(s), named below, I verify that I have the authority to enter into this agreement on behalf of the minor child. I have read, understood and agree that the minor child and anyone on behalf of the minor child, including me, is bound by the terms of this WARNING, ASSUMPTION OF THE RISK, LIABILITY RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT AND AGREEMENT NOT TO SUE. Furthermore, if any claim or action is brought in contravention of this agreement, including any claim alleging negligence, I agree to INDEMNIFY, HOLD HARMLESS AND DEFEND, Lost Valley Ski Area, Town of Harpswell, MSAD 75, its owners, directors, officers, employees, agents and sponsors, for any and all expenses incurred INCLUDING LEGAL FEES, and any DAMAGES for which they may be adjudged legally liable to pay.

_____ Student Name	_____ Student Signature (over 18)	_____ DOB	_____ Date	_____ Lesson Level
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_____ Student Name	_____ Student Signature (over 18)	_____ DOB	_____ Date	_____ Lesson Level
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_____ Parent Name	_____ Parent Signature	_____ Phone Numbers (home, work, cell)		
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